



Physical Resilience



Goal

- Understand how the link between physical fitness and mental fitness improves performance, leadership, and overall health.
- Identify and apply tools to effectively manage your energy tank (physical and mental):
 - Nutrition
 - Endurance
 - Strength
 - Recovery



Pillars of Resilience



MENTAL

**Awareness
Adaptability
Decision Making
Positive Thinking**



PHYSICAL

**Endurance
Nutrition
Recovery
Strength**



SOCIAL

**Communication
Connectedness
Social Support
Teamwork**



SPIRITUAL

**Core Values
Perseverance
Perspective
Purpose**



Nutrition

- Nutrition challenges:
 - Manufactured, processed foods
 - High fructose corn syrup
 - Partially hydrogenated fats
 - Change in composition of meat, milk and eggs based on the change in diet of beef, dairy, and poultry
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Nutrition

Remember, it is all what we:

Eat – Drink – Do (or don't do)



Put what you know into practice

What shapes our decisions about food?

- ⑩ Cost
- ⑩ Familiarity
- ⑩ Taste
- ⑩ Nutritional value
- ⑩ Allergies
- ⑩ “fashion”



So let's apply our knowledge...



What is important to you?

"Lightener"	Cost*	Calories**	% Fat	# Ingredients	HFCS/ PHVO***
Whole milk	7.8	30	3.2	1	-/-
Cream	13.6	45	30	5	-/-
Half & Half	9.8	40	15	5	-/-
FF "half & half"	9.8	20	0	9	-/-
"Creamer"	19.9	10	30	8	-/+

* cents per serving

** calories per serving

***HFCS/PHVO= High Fructose Corn Syrup/Partially Hydrogenated Vegetable Oil



All you need to set a goal

<http://fnic.nal.usda.gov/fnic/interactiveDRI/>

You are here: [Home](#) / [Dietary Guidance](#) / [Dietary Reference Intakes](#) / [Interactive DRI for Healthcare Professionals](#)

Interactive DRI for Healthcare Professionals

Use this tool to calculate daily nutrient recommendations for dietary planning based on the Dietary Reference Intakes (DRIs). These represent the most current scientific knowledge on nutrient needs, developed by the National Academy of Science's Institute of Medicine. Individual requirements may be higher or lower than the DRIs.

Sex:	<input type="radio"/> Male <input checked="" type="radio"/> Female	Not Pregnant or Lactating ▼
Age:	37 <input type="radio"/> yrs. <input type="radio"/> or for infants, months.	
Meas. Units:	US (feet/inches/pounds) ▼	
Height:	5 feet 2 inches	
Weight:	110 lbs.	
Activity:	Low Active ▼	What's This?



Supplements

- Top 5:
 - Fish oil (omega-3 essential fatty acids)
 - Multivitamins
 - Vitamin D
 - Calcium
 - CoQ10

Supplements of Military Interest

- ENERGY DRINKS





Military huge consumer of “Energy Drinks”

DRINK	Serving (oz)	Caffeine content
Amp	8.4	74
Cocaine	8.4	280
Enviga	12	100
Full Throttle	16	144
Monster Energy	16	160
Red Bull	8.3	80
Red Bull Sugarfree	8.3	80
Rip It (all varieties)	8	100
Rockstar Energy	8	80
Drink		
SoBe Adrenaline	8.3	79
Rush		
SoBe No Fear	8	83
Spike Shooter	8.4	300





Managing Your Energy Tank

- Manage energy, NOT time.
 - Be aware of your natural biorhythms and how they work in a team (family or at work).
- Manage energy like a sprinter, not a marathoner.
 - Exert energy when needed, then recover.





Manage Energy, NOT Time

- The number of hours in a day is fixed, but the quantity and quality of energy available to us is not.

Old Paradigm	New Paradigm
<i>Manage Time</i>	<i>Manage Energy</i>
<i>Avoid Stress</i>	<i>Seek Stress</i>
<i>Downtime is wasted time</i>	<i>Downtime is productive time</i>
<i>Life is a marathon</i>	<i>Life is a series of sprints</i>
<i>Self-discipline is key</i>	<i>Habits are key</i>
<i>Invest time</i>	<i>Invest energy</i>



Manage Energy like a Sprinter

- Interval training for the brain and body
 - Expend energy, then recover it
 - Introverted versus Extroverted demands
 - Stress is good for us (in short bursts)!
 - Builds strength and endurance
 - Sustains energy more effectively over longer periods of time





Mental Endurance

- The ability to focus your attention on what is most relevant regardless of distractions.
 - Task switching, not multi-tasking.
 - Task switching is “expensive.”
- How does it impact daily operations?
 - Air Battle Control
 - Flight Missions/Air Assault Missions
 - Combat Search and Security
 - Joint Operations





Recovery is a Strength, Not a Weakness

- **Poor work environment**
- **Financial Worries**
- **Retirement**
- **Promotion**
- **Family Matters**
- **Deployment**
- **Poor diet**
- **Limited exercise**
- **Lack of Sleep**

Stress

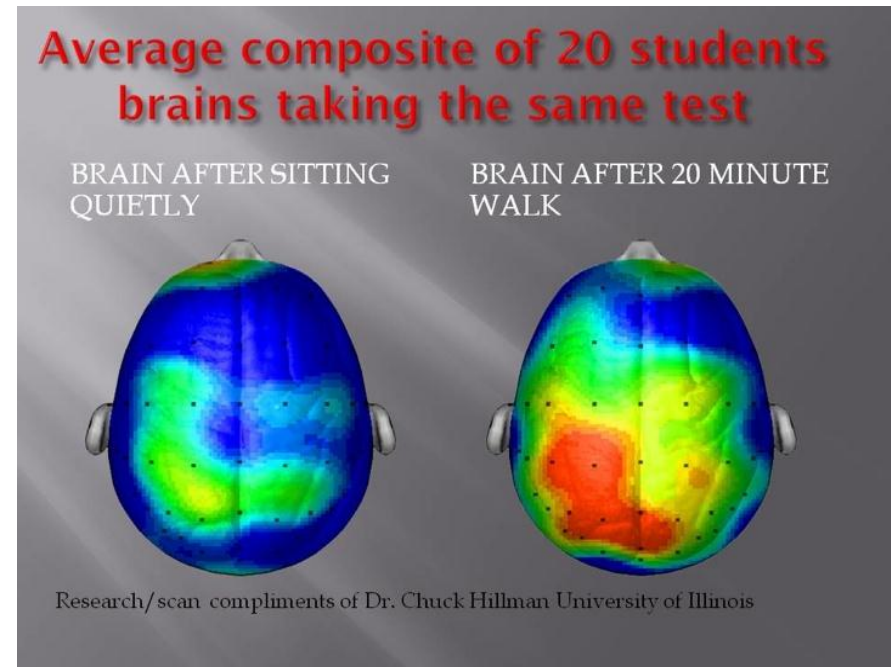
- **Sleep Routine**
- **Quality/Quantity R&R**
- **Exercise**
- **Healthy Diet**
- **Relaxation Exercises**
- **Family Support**
- **Hobbies/Activities**
- **Music**

Recovery



“Miracle-Gro” for your Brain

1. Increases Energy
 - Regular physical activity makes your body produce more energy.
2. Sharpens Focus
 - Short term: exercise can improve focus up to 2-3 hours afterwards.
 - Long term: exercise can even help stave off brain aging and Alzheimer's.
3. Enhances Mood
 - Exercise releases endorphins which improves memory and mood
4. Improves Memory
 - Your brain remembers more when your body is active.
5. Increases Productivity
 - Productivity begets more productivity.





Sleep

- Extend nightly time in bed
 - Improved performance and alertness during sleep restriction
 - Facilitated faster recovery
- Take naps!
 - 20-45 min to prevent sleep inertia
 - OR 2 hours to allow for one full sleep cycle of REM
- Avoid caffeine and nicotine at least 6 hours before bedtime
- Alcohol intake suppresses REM activity causing disrupted sleep



Review

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When to use it

- Whenever you need it!
 - Energy is too low or too high
 - Improve strength or endurance gains
 - Irregular sleep patterns
 - Improve diet and overall health
 - High blood pressure
 - High cholesterol
 - Overweight/Obese
 - Low bone density
 - Depression/Anxiety



How to use it

- Physical Energy Management
 - Exercise (Endurance and Strength training)
 - Recovery (Rejuvenation and breath control)
 - Sleep (Routines and Banking)
 - Diet consisting of mainly “real foods,” NOT processed
 - Mental Energy Management
 - Exercise when stressed or having “brain drain”
 - Recover by taking mini mental breaks throughout the day (Breathing exercises and visualization techniques)
 - Sleep after relaxing the brain (Write to-do list, avoid caffeine/exercise/alcohol before bed, no TV, Sleep CD)
 - Diet that improves mood, focus, and energy levels
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